

## **Historic, Archive Document**

Do not assume content reflects current scientific knowledge, policies, or practices.



### 1947-48 NUTRITION ACTIVITIES OF THE EXTENSION SERVICE

Nutrition education will occupy a prominent place in Extension Service programs during 1948. Its progress will be influenced by several factors.

1. Increasing recognition of the importance of food in "writing the peace."

2. Interest in saving and sharing food to prevent distress in other countries.

3. Appreciation of the contribution home gardens can make to the family food supply, thus releasing food in commercial channels for shipment abroad.

4. Realization by Extension workers that the food crisis offers another opportunity to teach good nutrition.

This all-out nutrition program will be carried on through the leadership of 3,000 county home demonstration agents, assisted and guided by 88 State Extension nutrition specialists. Augmenting this force are thousands of volunteer local leaders who work closely with homemakers.

Nutrition education, like other Extension teaching, is carried on largely through group meetings in local communities, through home visits, and through the press and radio. Extension helped more than 1½ million families to improve food production last year. They aided nearly 2 million families with food preservation, while approximately 275,-000 4-H Club members completed food-preservation projects.

Guidance in good buying to get the most in nutritive value for the least cost is another important phase of Extension teaching much in demand at present. Interest in freezing as a means of preserving food is increasing. More than 600,000 families were helped in this connection last year. Volunteer local leaders are especially helpful in teaching and demonstrating food preservation and storage.

In addition to emergency activities, Extension workers will continue efforts on long-time nutrition objectives which include: Helping the homemaker feed her family for health through proper selec-

tion, preparation, and conservation of food; skillful buying; building right food habits and attitudes among family members; helping rural boys and girls to understand the signs of good growth and physical fitness and interesting them in making the most of themselves physically through proper food and health habits.

Extension workers will continue to contribute to better nutrition for all people through promotion of school lunches and flour enrichment, and through their work with county and State nutrition committees.

### GARDEN CLUBS IN GERMANY

So much emphasis, of necessity, has been placed on food shortages in Germany and on the need for supplies grown in other areas that not so much is said about what the Germans are doing for themselves and how they are trying to solve their problems. This side of the picture was presented at the National Garden Conference on February 2 in Washington by Jane Cotton Ebbs, nutrition advisor to the Office of the Quartermaster General and a member of a food mission to Germany, when she described the role of garden clubs in gardening activities in that country. "Gardens are more numerous in Germany now than before the war," Miss Ebbs said, and pointed out that "the small-garden program has a vital role in providing essential nutritional elements not found elsewhere in the German ration today."

In Germany every gardener is a member of a garden club, she went on. There are four large clubs, each on a national scale and operating independently of the others. One of these is the "Gardens with Homes" club, whose membership consists of householders in cities and towns who have gardens in their yards. A second one is "Gardens with Houses" club, made up of people who live in apartments and who use land owned by the apartment house. This land is divided into plots; in some cases the plots are large enough to have a vine-



covered tool house, an arbor, or a fruit tree and benches. Each provides a place of rest and relaxation as well as a source of food. A club for railroad workers covered a third group. Land along the tracks, provided by the railroad for gardens, is divided among its employees. The fourth group is the "Little Gardens" club. This is made up of people who rent garden plots on land owned by the town or city and not yet developed. These plots too provide places to relax and for children to play.

Each club has its local president and committee of managers elected by the community group. At regular meetings policies and plans are discussed and decisions made. Each club president is in constant contact with the club's state leader. The state leader, also elected, works closely with the agriculture committee.

The local president has responsibility for determining the requirements of the members of his club and passing them on to the state leader, who in turn makes the total needs of his state's club known to the occupation authorities and the German agricultural committee. The workload of the state leader, and local president is heavy because demands for seeds, fertilizer, and tools are far greater than the supply. The president has the responsibility of determining, when not enough tools are issued to a local club which gardener's need is the most urgent, and who should get the equipment. Seeds, too, create a problem, because there are too few of the known and popular vegetable seeds available, and gardeners find it difficult to use imported seeds about which they know nothing.

Home preservation and community canning projects are also sponsored by garden clubs. Although a tremendous amount of vegetables was canned through garden clubs before the surrender, now the canning program is at a standstill because there is a serious shortage of rubber closures. When the food mission found that, although gardens were bursting with vegetables, closures for only two jars per person were available, Dr. Esther Batchelder of the Bureau of Human Nutrition and Home Economics, a member of the food mission, suggested that United States home dehydration methods be adapted to the German situation. This was done in record time with the cooperation of the faculty of the University of Heidelberg and the garden

clubs, in spite of such difficulties as shortages of items necessary for building dehydrators and fuel rationing. Frau Margot Schubert wrote the German text of the resulting publication. The entire edition of 825,000 copies was sold over night, so great was the desire to save for winter stocks.

Thus German gardeners are trying to provide food for their families and these activities present an important complement to the garden program in this country which was described in the March NNL.

#### IODINE AND TABLE SALT

The Journal of the American Medical Association for October 18, 1947, carried an editorial on pages 434-435, entitled "Iodine and Table Salt," which emphasizes the importance of iodizing table salt to prevent goiter.

#### CANNING AND FREEZING ARE VITAL TO FOOD CONSERVATION PROGRAM

Along with gardening, food preservation claims major attention again this year. Planting plans should provide not only enough fruits and vegetables for fresh use but also enough to can and freeze for winter use. It is also important that community canneries and freezer lockers be operated efficiently, that the public know that these facilities are available, and that full use of them be made, especially for school-lunch purposes.

With rising costs of food, school lunchrooms will count heavily on canned stocks to provide good lunches next winter. The mimeographed table entitled "Guide for Estimating Amounts of Fruits and Vegetables to be Canned for School Lunch Programs," which was issued last July by the Food Distribution Programs Branch of PMA, may be helpful in planning operations. This table gives the number of quarts of fruit, tomatoes, snap beans, peas, and other vegetables needed for one-half cup serving for 100 children.

Copies of this and other food preservation material may be obtained by writing the Information Branch, PMA, in the U. S. Department of Agriculture, Washington 25, D. C. The Food Distribution Programs Branch has also issued a statement, "Why Orange Concentrate Should be Properly Handled and Stored," which is based on research by Dr. A. L. Curl of the Bureau of Agricultural and Industrial Chemistry.

## THE COORDINATION OF AGENCIES IN ASCENSION PARISH, LA.

A report, "Brief Analysis of the Coordination of Agencies in Ascension Parish, La., To Improve Rural Living Through Education," by E. J. Neiderfrank, recently issued by Louisiana State University, is available from the Extension Service, U. S. Department of Agriculture, Washington 25, D. C. It describes an experiment in which the various agencies operating in the parish cooperated in carrying out their programs through an informal arrangement. Nutrition has an important part in the program, a 3-year nutrition education research project giving great impetus to the idea of coordination between agencies.

The report contains an evaluation of the experiment based on 5 years' experience and lists the accomplishments. It states that the programs of agencies have been broadened, especially in the schools, and nutrition and health have been successfully correlated in classroom teaching. As a result, the health of school children has improved greatly and people in general are more nutrition conscious.

Agencies have become familiar with one another's programs, and cooperative relationships have been established. The Extension Service and other agencies are reaching more rural families than before. Relationships between and with communities have been strengthened, community life has been stimulated, and the people feel that the school and the Ascension Parish program belong to them. They have a greater appreciation of what they can do for themselves.

From this evaluation, the author recommends that there be a more formal organization of agencies and people into a committee or council for future work. This organization should have the function of developing an over-all parish program on broader lines, setting up and stating the long- and short-term goals, and steering the execution of the program through the coordinated efforts of the agencies.

## NEWS FROM STATE COMMITTEES

NEVADA.—Mrs. Christie T. Corbett, chairman of the Nevada Food and Health Coordinating Committee, reports that the executive committee asked organizations having State-wide programs, such as the Departments of Health and Educa-

tion, Extension Service, University School of Home Economics, and Congress of Parents and Teachers to give special emphasis to food conservation.

The committee suggested that conservation be stressed by using posters, checking plates for waste in school lunchrooms, conducting programs and class discussions, encouraging the use of potatoes in place of bread, and showing the cumulative effect over a period of time of the amount of bread saved if each person ate only one slice daily.

KENTUCKY.—The nutrition committee in Franklin County has kept up interest and has cooperated in many nutrition activities, according to Florence Imlay, chairman of the State Nutrition Committee.

As part of the food conservation program, this county committee asked restaurants to conserve bread; also members talked on food conservation at several schools and before homemakers groups.

NEW MEXICO.—At a meeting on October 25 the State Nutrition Committee wrote the Governor, advising him that members were willing to help with the New Mexico Food Conservation Program and suggesting that people with nutrition training be placed on the food committee, Chairman Mary Gillespie writes. They also stressed the importance of an adequate diet for the people of the State, and advocated sending available surplus food overseas. Printed material on what foods constitute an adequate diet, menus and recipes which insure the best diets possible for the amount of money spent, and a leaflet on food conservation were compiled and distributed by committee members.

CONNECTICUT.—Under the constitution of the Connecticut Nutrition Council, adopted in November 1947, there are two classes of membership: (1) Organizations and associations working directly with health and nutrition; and (2) individuals and cooperating agencies interested in health and nutrition. Officers are elected for a 2-year term, with secretary and treasurer being chosen one year and chairman, vice chairman, and assistant secretary being chosen the next, in order to avoid having all new officers at one time. No officer may hold office for more than two consecutive terms.

The executive committee, composed of officers and chairmen of subcommittees and standing committees, has the respon-



sibility of formulating the policies and directing the efforts of the Council. There are five subcommittees: Community nutritionists; home demonstration agents and 4-H Club agents; home service departments of public utilities; schools, colleges, and universities; and persons in active food service. The standing committees are (a) publicity, (b) speaker's bureau, and (c) membership.

UTAH.—The Utah Nutrition Committee planned its program for the year around three activities: (1) Providing constructive suggestions to eating establishments; (2) review of new developments in research; and (3) visual aids.

It is carrying out the first activity by cooperating with and working through the Utah Restaurant Association. It also prepared a booth for the convention of Intermountain Restaurant Owners on February 24 and 25. The display featured two menus—a typical restaurant menu and an improved one. Actual foods were used to illustrate the menus.

The second activity is carried out by having a talk by an authority on some phase of nutrition research at each monthly meeting of the Council.

The project on visual aids consists of reviewing films and listing those that are suitable, with information as to where and how they may be obtained. A compilation of commercial, Government, and professional charts and pamphlets, with publishers and costs, is being made. Suggestions for designing original charts were given at the November 15 meeting.

The Council is working closely with the Food Conservation Committee as described in the December NNL.

GEORGIA.—Lurline Collier, chairman of the Georgia Nutrition Committee, called a meeting of the subcommittee on Food Production and Preservation in Athens, February 9 to work out recommendations for the 1948 production and preservation program. About 32 people, representing 19 organizations interested in food production and preservation, attended. Subcommittees on sanitation, nutrition, freezing, canning, and canning-plant equipment were set up, and each drafted a set of recommendations.

#### NEW MATERIALS

Publications (samples not enclosed)

"Vitamin and Mineral Content of Certain Foods as Affected by Home Preserva-

tion" by E. M. Hewston, E. H. Dawson, L. M. Alexander, and E. Orent-Keiles, was issued as Misc. Pub. 628, in January 1948 by BHNHE. The foods selected for the study were beans, beef, biscuits, bread, cabbage, chicken, corn, corn meal, flour, liver, milk, rolled oats, peas, peppers, pork, rolls, rutabagas, sweetpotatoes, turnips, turnip greens, and yeast. Copies may be purchased for 30 cents from the Government Printing Office, Washington 25, D. C.

"School Lunch Recipes Using Nonfat Dry Milk Solids" (multilithed), "School Lunch Recipes Using Potatoes" (PA 36), and "School Lunch Recipes Using Dried Whole Eggs" (multilithed) are three new publications in the school lunch series by BHNHE. You can obtain copies free by writing to the Information Branch, PMA, U. S. Department of Agriculture, Washington 25, D. C. You may also want to request the list "Available Publications for Use in the National School Lunch Program."

#### FILMS

"The World is Rich" visualizes the present seriousness of the world food situation and outlines the long-range program of the Food and Agriculture Organization of the United Nations for world food and farm improvements. It is a black-and-white, 16-mm. film which runs for 43 minutes, and is released by Film Alliance of America, Inc., 1600 Broadway, New York 19, N. Y.

The National Film Board of Canada has issued a 10-minute film on the same subject under the title "Of Common Concern." It may be procured from that organization at either of its three addresses: 620 Fifth Avenue, New York 20, N. Y.; 84 East Randolph Street, Chicago 1, Ill.; and 1746 Massachusetts Ave. NW., Washington 6, D. C.

Sincerely yours,



M. L. Wilson, Chief  
Nutrition Programs



W. H. Sebrell, Consultant